

# BLACKROD PRIMARY SCHOOL

## Autumn Project Reflections

### Science– Human and Animals

#### Concepts and Milestones

##### Understand animals and humans

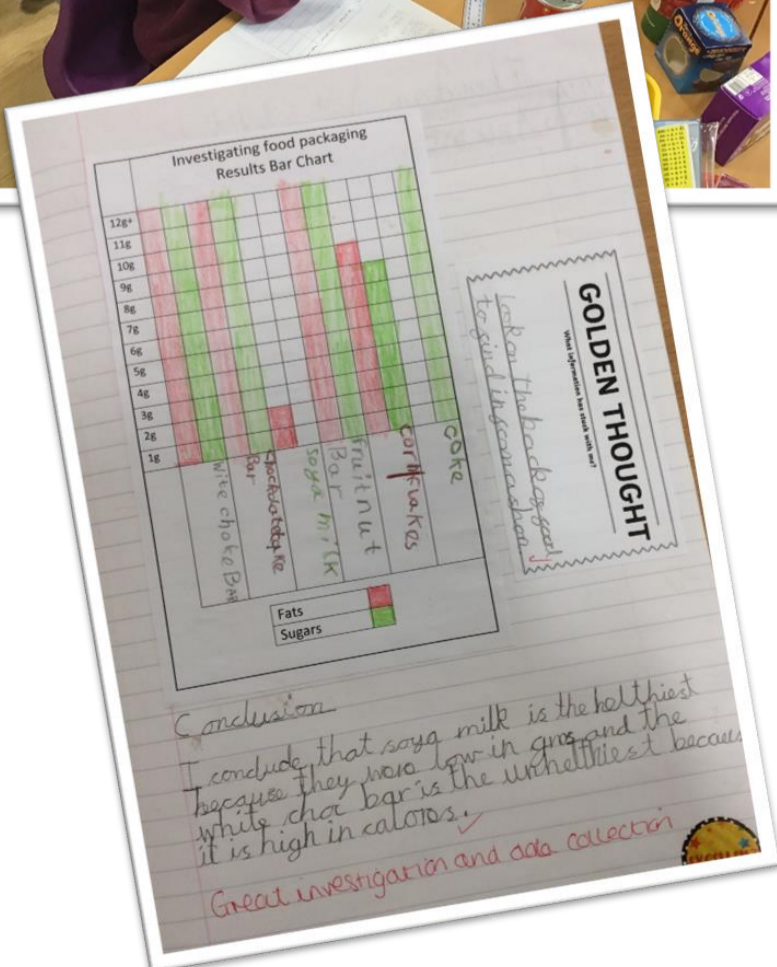
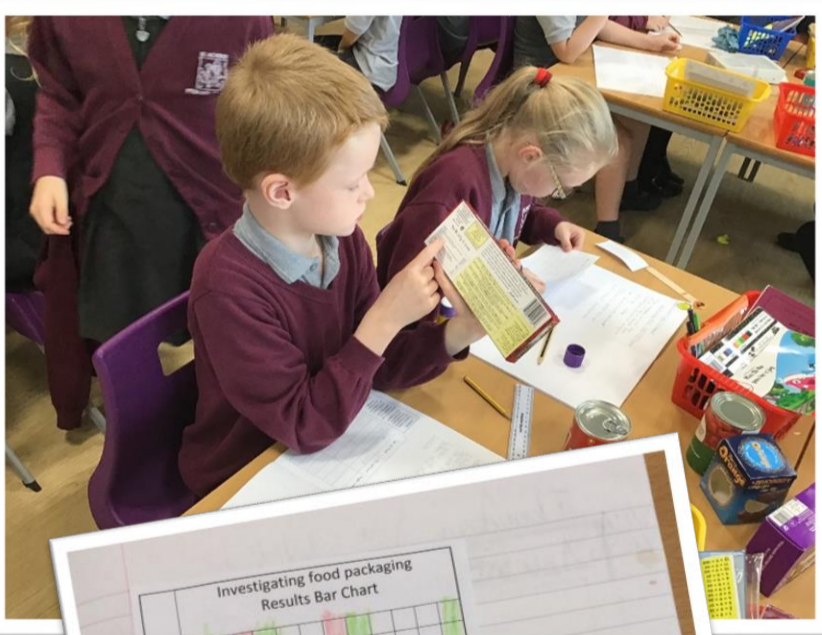
This concept involves becoming familiar with different types of animals, humans and the life processes they share.

Identify that animals, including humans, need the right types and amounts of nutrition that they cannot make their own food and they get nutrition from what they eat.

Record findings using simple scientific language, drawings, labelled diagrams, bar charts and tables.



We investigated the amounts of fat and sugar that are food by looking at the nutritional information on food



# BLACKROD PRIMARY SCHOOL

## Project Vocabulary

**Carbohydrates** - give us energy. They are found in foods such as bread, potatoes and pasta.

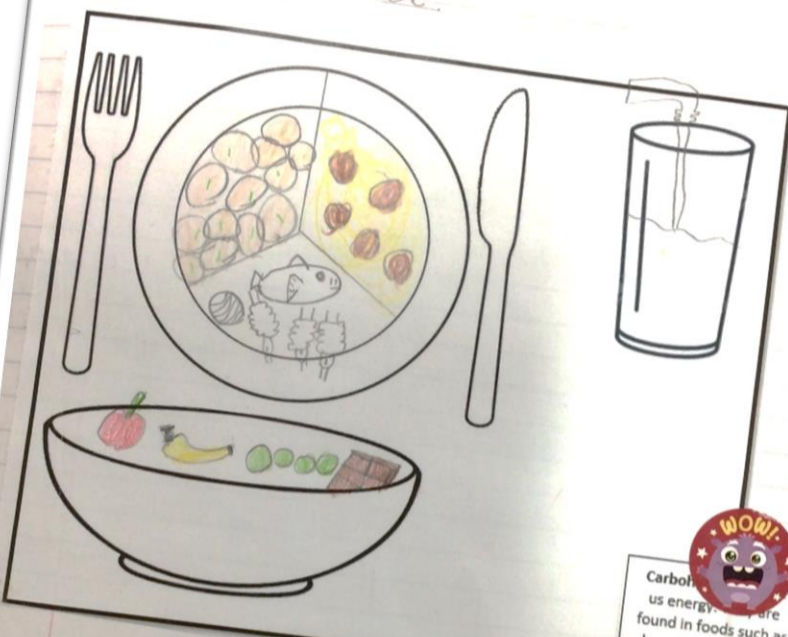
**Proteins** - help our bodies to repair themselves. They are found in foods such as fish, meat, beans, nuts, seeds, eggs and cheese.

**Fats** - help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.

**Fibre** - is important for helping us digest our foods. It's found in fruit and vegetables.

We used what we had learned about the food groups and nutritional information to design our own balanced meal.

Tuesday 12<sup>th</sup> October 2021  
Balanced diet



**Main Meal**  
I chose potatoes because they are carbohydrates. I chose pasta because it is protein. I chose meat balls because it is a protein. I chose fish because it is a protein.

**Desert**  
I chose grapes, banana why? because they have lots of fibre.


**WOW!**  
Carbohydrates - give us energy. They are found in foods such as bread, potatoes and pasta.  
Proteins - help our bodies to repair themselves. They are found in foods such as fish, meat, beans, nuts, seeds, eggs and cheese.  
Fats - help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.  
Fibre - is important for helping us digest our foods. It's found in fruit and vegetables.

Tuesday 12<sup>th</sup> October 2021

S/UAH1- Identify that animals, including humans, need the right types and amounts of nutrition that they cannot make their own food and they get nutrition from what they eat.

What are they called?	Food Groups What do they do?	Where are they found?
carbohydrates	They give you energy.	bananas, corn on the cob
Proteins	They help you to grow and your body to repair.	fish, corn on the cob.
Fats	They provide energy and help to build up your body.	cheese, butter, oils, avocado, nuts
Fibre	It helps you digest your food.	apples, banana, peas
vitamins	They build healthy cells.	carrots, milk, nuts
water	70% of your body is water and it is vital for good health.	Fruit, ice, drinks, avocado

Great understanding of nutrition



Wednesday 13<sup>th</sup> October 2021  
S/UAH1  
5/WS4,6  
WS6  
Investigating food packing

**Vocabulary**  
Hypothesis - an idea made on the basis of little evidence as a starting point for further investigation.  
Nutrition - is the study of food and how it works in your body.  
Method - a way to figure things out or a process to gain knowledge.  
Conclusion - final decision reached by investigations and thinking.

**Introduction**  
We are investigating fats and sugars, food packing.

**Hypothesis**  
I predict that the fruit and nut bars are the healthiest, I predict that the chocolate cake bars are the unhealthiest.

Type of Food	Fat content	Sugar content
white choc bar	35.6g	28g 50.5g
chocolate cake Bars	35.6g	26.5g
soya milk	1.8g	0g
fruit nut Bars	30.0g	22.4g
corn flakes	9g	8g
coke	0g	16g

## Home Learning Link

What is a balanced diet?

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

<https://www.bbc.co.uk/bitesize/clips/zvp76sg>

# BLACKROD PRIMARY SCHOOL

## Milestones

### Understand animals and humans

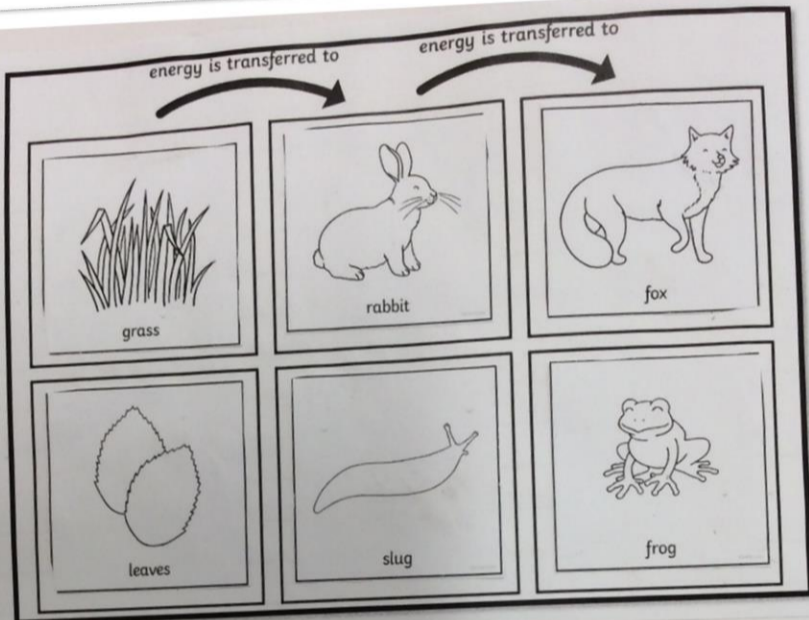
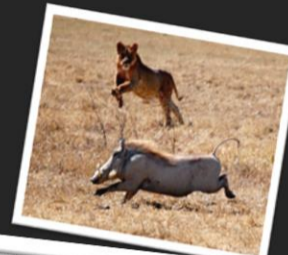
Construct and interpret a variety of food chains, identifying producers, predators and prey.

## How do animals get their food?

All animals need food. No matter where an animal lives, finding food is an important work it must do in order to survive. However, different animals differ in the food they eat. They also differ in the way they get their food.

Animals obtain their food a number of ways such as:

- 1) Scavenging - Collecting scraps that other animals have left behind.
- 2) Hunting - Killing and eating other animals.
- 3) Foraging - Collecting and gathering vegetation.



## Vocabulary

**Food chain** - A sequence of feeding relationships between organisms.

**Energy flow** - The arrows between each organism in the chain always point in the direction of energy flow from the food to the feeder.

**Consumers** are animals that eat food

**Producers** are plants that make their own food

**Prey** - The animal that gets hunted and eaten by another animal.

**Predator** - Animals that hunt and eat other animals.

## Home Learning Link

What types of food do animals eat?

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/z96vb9q>

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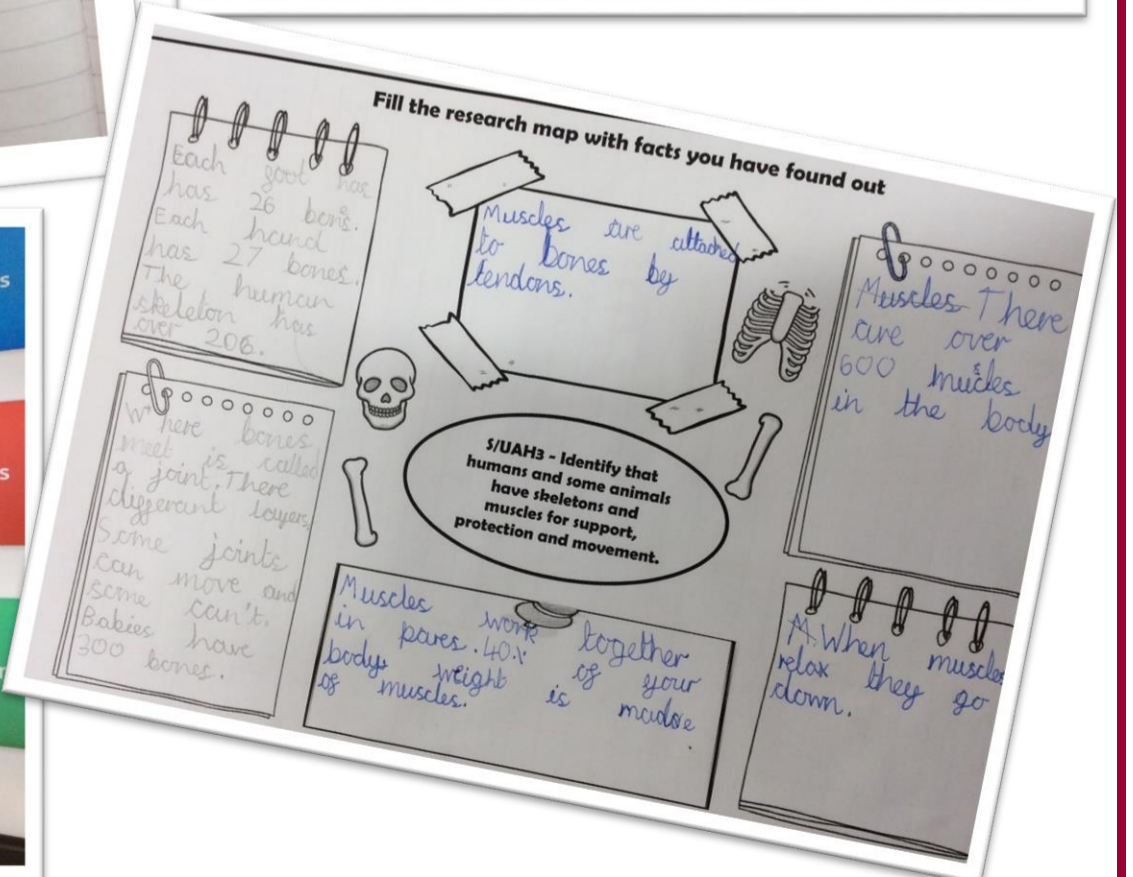
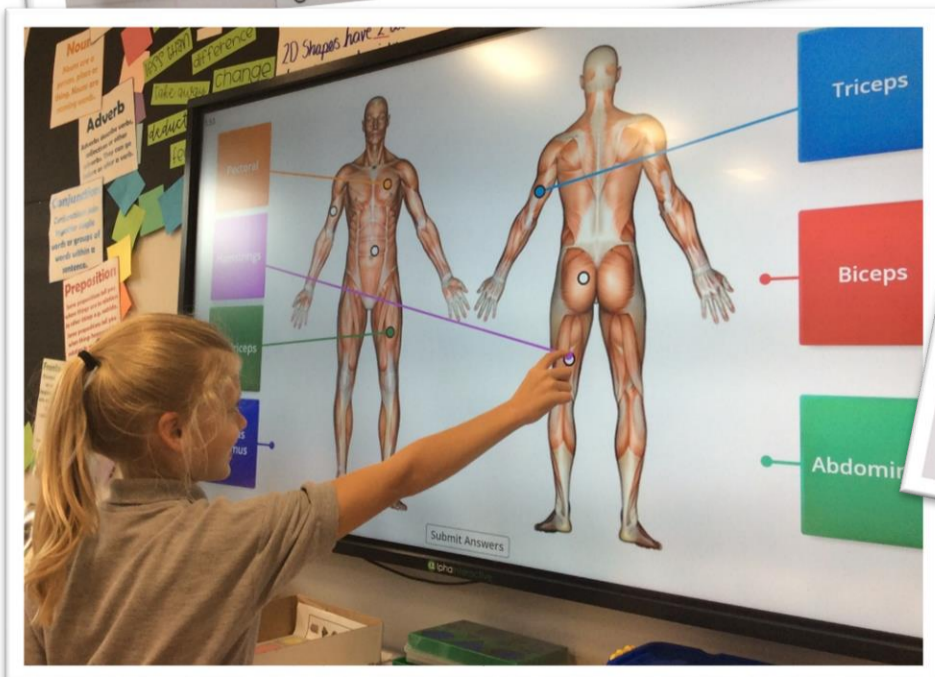
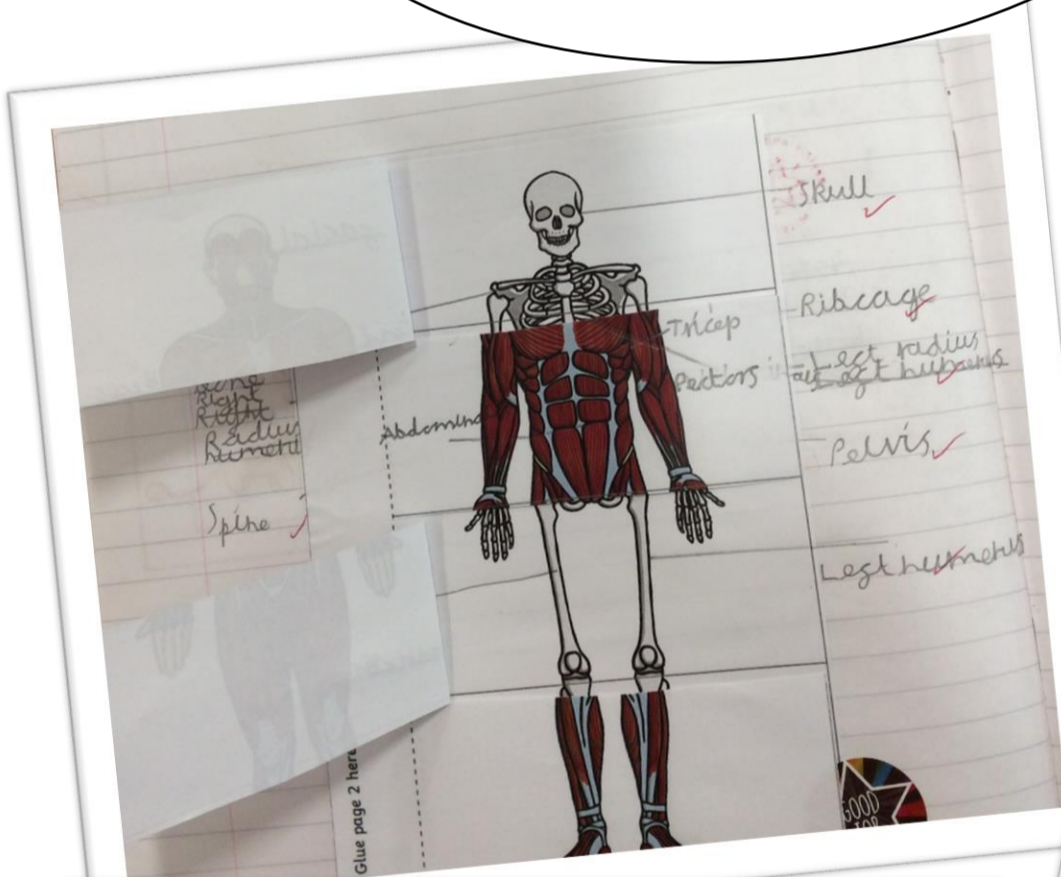
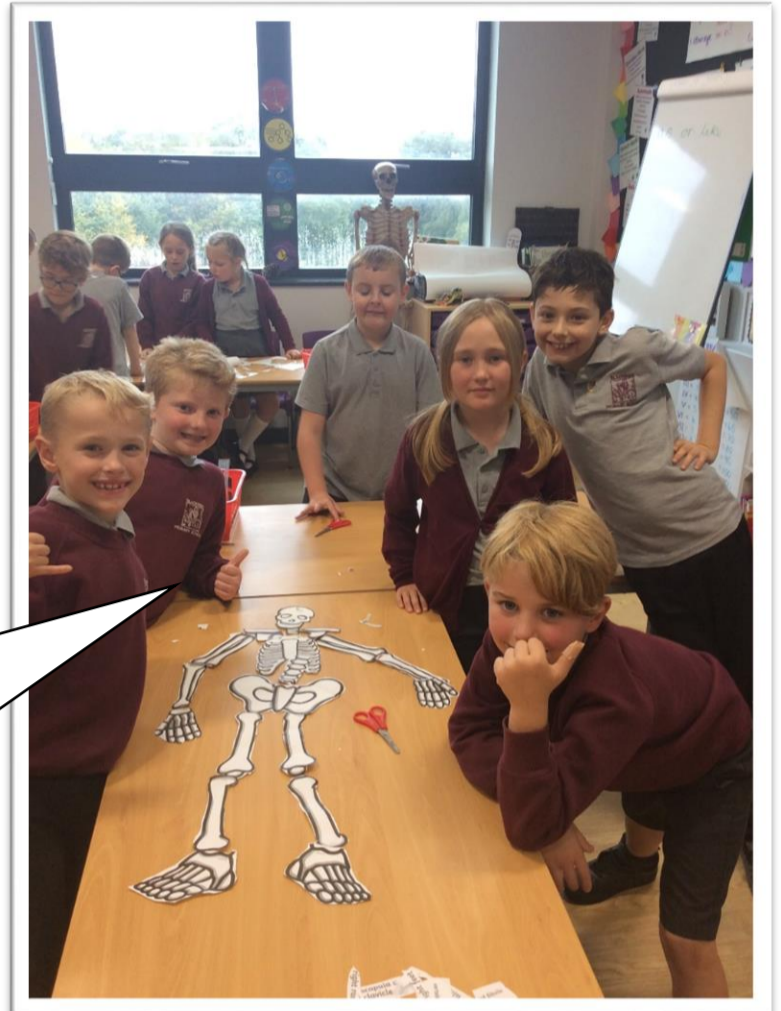
## Milestones

### Understand animals and humans

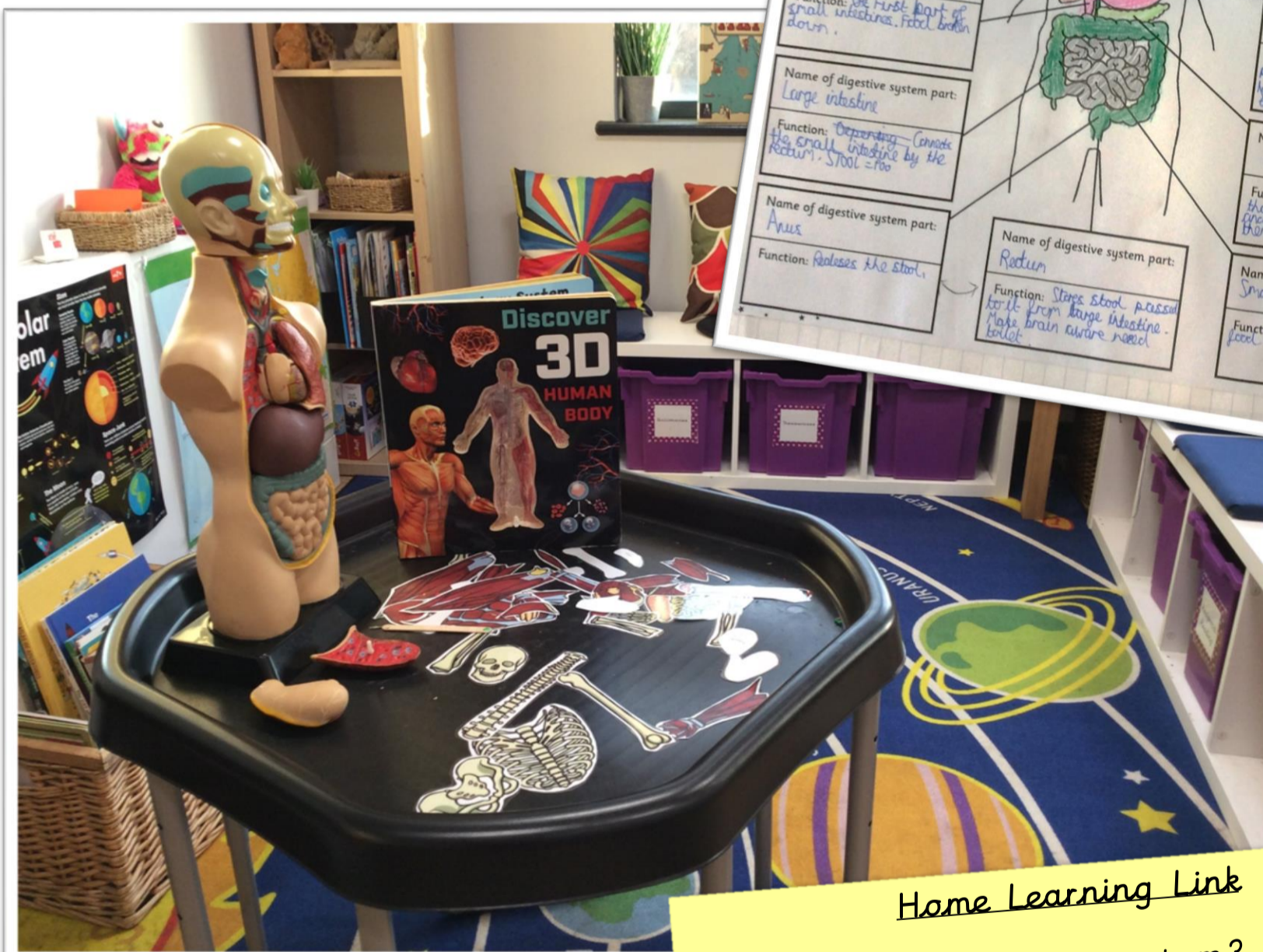
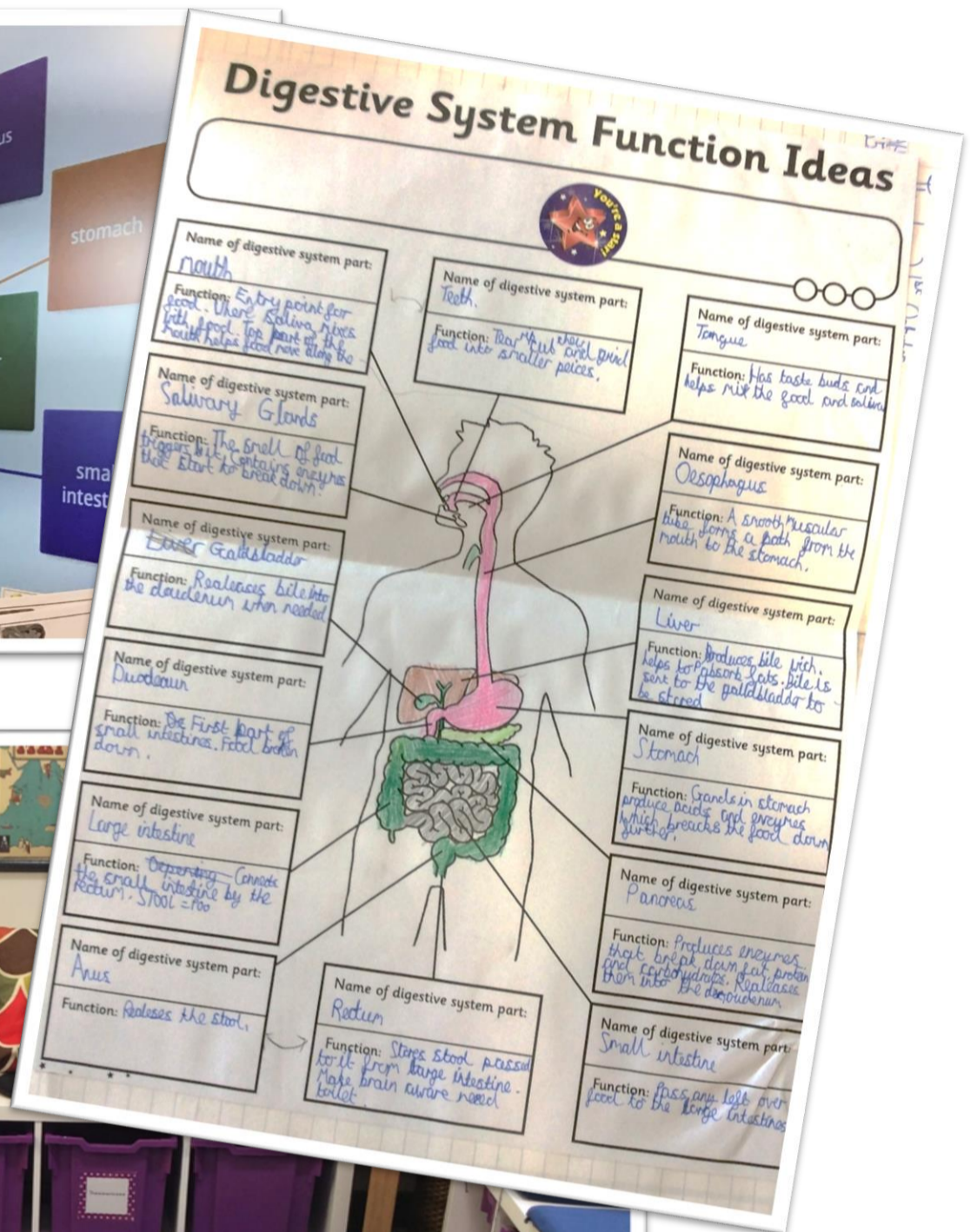
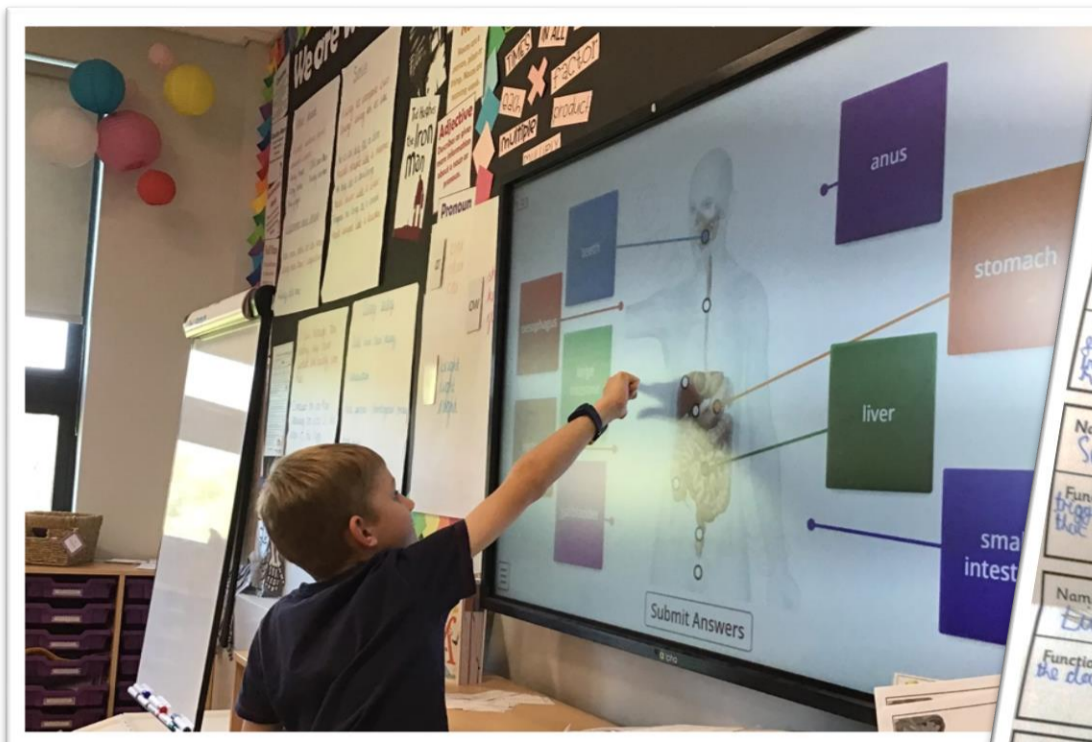
Identify that humans and some animals have skeletons and muscles for support, protection and movement.

Describe the simple functions of the basic parts of the digestive system in humans.

We worked together to assemble and label a human skeleton. We learned that skeletons and muscles for support, protection and enable movement.



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## Home Learning Link

What is the digestive system?

<https://www.bbc.co.uk/bitesize/topics/z27kng8/articles/z9wk7p3>

What happens in your stomach?

<https://www.bbc.co.uk/bitesize/topics/z27kng8/articles/zg2g7p3>

What happens in your intestines?

<https://www.bbc.co.uk/bitesize/topics/zv9qhyc/articles/zdkfvk7>